SUNLIGHT

HOUSEHOLD HINTS
AND
GENERAL INFORMATION

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HOUSEHOLD

To exterminate Ants, etc.

Ants can be kept away by paraffin, which will also kill the worm in wooden furniture.

Cleaning Baths

Baths, either of enamel or zinc, should be cleaned with Vim. Shake the Vim on to a well-damped cloth, or old rubber sponge, and the work will be done quickly and well.

Cleaning Blinds

Cream or white blinds can be cleaned by sprinkling with Vim. The blind must be laid flat on a table, and the Vim rubbed in with a dry cloth. Dust off with another dry cloth and the blind will be successfully cleaned.

Care of Books

The leaves of books or perhaps note-paper or letters often become stained with ink; this may be removed by pressing the spots with a piece of sponge dipped in oxalic acid and water.

In cases where wax has been dropped on the leaves, place a double piece of blotting paper on either side of the damaged page, then pass a hot iron rapidly over the blotting paper until the wax is absorbed.

When leather bindings have become soiled, as they will from handling, they can be restored by rubbing with a chamois leather dipped in pumice powder.

To preserve books from damp and mildew, sprinkle a few drops of good perfumed oil in the book-cases. Where the bindings are of Russia leather this precaution is unnecessary, as these are not susceptible to damp.

To clean Bottles

Bottles or decanters of any description if stained can be successfully cleaned with Vim. Half fill the bottles with warm water and add a little Vim; shake vigorously up and down, and the stains will be found to disappear.

Care of Carpet Brooms

Brooms will last much longer if a little care is spent on them. Steep for about two minutes in boiling Sunlight soapsuds once a week, and the result will be surprising, they will be strengthened and retain their pliability, moreover the carpets will not be worn so much when swept with brooms treated in this way. Care must be taken not to plunge the wooden portion into the boiling suds or the glue will melt and the bristles come out.

Candle Economy

It is a wise plan to keep candles for about two months before use, as they will consequently give a better light and last much longer than if used when quite new. Where candles are intended for table lighting, place them on ice beforehand, as this will prevent the wax from dropping. If a cork is shaped to fit the candlestick and a nail is pushed through the centre so that the point protrudes above the top, the candle can be pushed firmly down on to the point, so that it will burn to the very end.

Cleaning Carpets

Dissolve one ounce of Sunlight Soap in half a pint of boiling water, let it cool and add two tablespoonsful of ammonia. When cold and in jelly form, it is ready for use. Wipe over the carpet with a cloth wrung out of clean hot water, then with a nailbrush dip in the

soap mixture and brush the carpet; wipe over again with a damp cloth and dry with another. If the carpet is light in colour, lessen the quantity of ammonia.

Chimney on fire

A chimney on fire is quickly and effectively put out by newspapers soaked in water being put on the fire in the grate. The steam arising will draw down the fire in the chimney.

To wash China

Valuable china or glass can be washed and its brilliance restored with Lux. To prevent it getting chipped or broken, place a heavy turkish towel at the bottom of the vessel.

Packing China

In packing china or glassware newspaper is invaluable. Place a thick layer at the bottom of the basket or box, and after wrapping each article separately pack neatly in basket. The paper should also be stuffed inside and between the articles to prevent them from moving. When one layer is complete place several sheets of paper on top ready to receive the next layer, and so on until the receptacle is full.

To clean Copper and Brass

Copper and brass should be cleaned with Vim shaken on to a well-damped cloth. Rub gently, wipe dry, and polish with a clean soft cloth.

Threading Cords

When difficulty arises in threading a cord to a blind, or passing a cord through a small hole, just soap the end and twist to a point, when it will go through quite easily.

Inserting Curtain Rod

To thread the rod through a curtain without tearing it, put one of the fingers of an old glove on the end of the rod, and it will be found to slip through quite easily.

Damp Beds

To detect damp let the bed be well warmed with a hot water bottle, then take it out and immediately introduce between the sheets a clean glass tumbler in an inverted position for a few minutes. Withdraw the glass and examine it; if dry and not tarnished with steam, the bed is perfectly safe and vice versa. If damp the wisest plan is to sleep between the blankets.

If a bed is left for a week or two it can be prevented from becoming damp by leaving a blanket on top after making it. If this blanket is taken off before using the bed will be found to be perfectly safe.

Opening Drawers

Drawers that open stiffly may be eased and made to run smoothly by moistening a tablet of Sunlight Soap and rubbing it along the edges of the drawer.

Dust and Dirt

These can be effectively kept out of a room when the window is open if this simple plan is followed. Fasten a length of coarse muslin with drawing pins to each side of the top of the window frame, no sewing is necessary if the selvedge is made to form the bottom edge, other edges can be turned in and secured with the drawing pins. The air will filter through this but the dust will collect on the outside, consequently the air will be kept pure and the curtains clean. The muslin can be frequently washed and even replaced while still wet.

Brightening Ebony

Ebony brushes and hand mirrors frequently become very dull in appearance. These can be improved greatly if a little petroleum jelly is rubbed in with a piece of soft rag ; when the wood has absorbed all the grease it will take on a rich gloss.

If black china bowls, which have become smeared, are treated in the same way they will regain their original black lustre.

Cleaning Egg-spoons

Egg-spoons that have become tarnished can be cleaned by rubbing with a damp cloth on which a little Vim has been sprinkled.

To keep in the Fire

To be sure of a good fire after several hours absence from home, first make up the fire and on top of the coal put a handful of common salt ; then when you return it will only be necessary to stir with a poker and you will have a good red fire.

Preventing Frosty and Steamy Windows

Thoroughly clean the windows, then rub all over the surface some Lever's Glycerine, polish very lightly with a dry cloth and when the Glycerine is well rubbed in, the windows will be found to keep clean for weeks.

To temper Glassware

Glassware can be tempered and so prevented from cracking through heat if it is placed in a saucepan of cold water, and gradually brought to the boil. Let it simmer for about an hour, but be very careful to see that the glass is always covered with water, then let it stand until quite cold.

Opening Jars and Bottles

Jars and bottles frequently have screw lids which are very difficult to remove. If gripped with a piece of sand paper instead of using a cloth, it will be a comparatively easy matter to unscrew them.

Care of Knives

Knives need care, so the following hints should prove useful. When the white ivory handles are stained, rub them lightly with fine emery paper. If the handles are loose, mix three parts of resin, one of beeswax, one of Vim, and fill the hole with this cement; then make the steel red hot and press into the cement. If knives are rusty they should be soaked for a time in linseed oil, then wipe off and use Vim for polishing. When knives are to be stored, rust can be prevented by first smearing the blades with petroleum jelly.

When laying Linoleum

Linoleum can be made to last longer if the floor is covered, previous to putting down the linoleum, with a thin layer of sawdust, this also deadens the sound.

Cleaning Marble

Marble when stained can be cleaned with Vim. Very obstinate stains may be rubbed with pumice-stone. The loosened dirt should then be wiped off, and the marble rubbed with a soft dry cloth.

To clean Matting

Matting can be successfully cleaned with a weak solution of borax water. Cover any grease spots with prepared chalk which has been damped with turpentine.

Removing Paint Marks

To remove spots of paint which frequently are dropped on steps when the house is being painted,

wash the steps with a very strong solution of potash, allowing it to soak in. After a time the paint will become soft and can then be readily removed by washing with Monkey Brand and warm water. Even when the paint has been left on for some time this method proves successful.

Cleaning Paintwork

White paint and enamel need Vim if they are to be kept white. Wet a flannel or brush and shake on a little Vim, which should be moist before being applied. Then gently rub the surface of the paint, wipe with a damp cloth and finally polish with a clean dry duster. This method will also keep general paintwork clean and in good condition.

To clean Repoussé Brasswork

Repoussé Brasswork is usually difficult to clean, as it has so many crevices for the accumulation of dust. An old toothbrush is very useful for this purpose, if dipped in ammonia and the bristles worked into the incisions. Rinse in warm water and then immerse in hot suds and rinse again. Wipe off moisture and polish with a dry cloth.

Cleaning Silver

Silver and Electro plate can be cleaned by washing daily with Sunlight Soap, afterwards polishing with a leather. Plate powder is unnecessary if the Silver is treated in this way.

Disinfecting Sink

Leave a piece of soda over the vent hole to purify the pipe. Flushing with suds from Lifebuoy Soap is also beneficial.

To clean Steel

If rusty it should be rubbed with the cut surface of an onion and left for several hours. Then polish with Vim. If steel articles are to be stored, rub with mutton fat and put in a dry place.

Stone Steps and Window-ledges

Steps and window-ledges that are of stone often become a dirty colour which cannot be improved by washing. Make a solution of one part salt to three parts water and scrub well with this. There will be a great improvement, and the stones will not take mud or dust marks so easily.

To keep Table white

Wooden kitchen tables can be kept snowy white if they are scrubbed with Sunlight Soap and water.

Cleaning Tiles

Wet a flannel, shake on a little Vim and rub the tiles briskly. Wipe off and polish with a clean soft cloth.

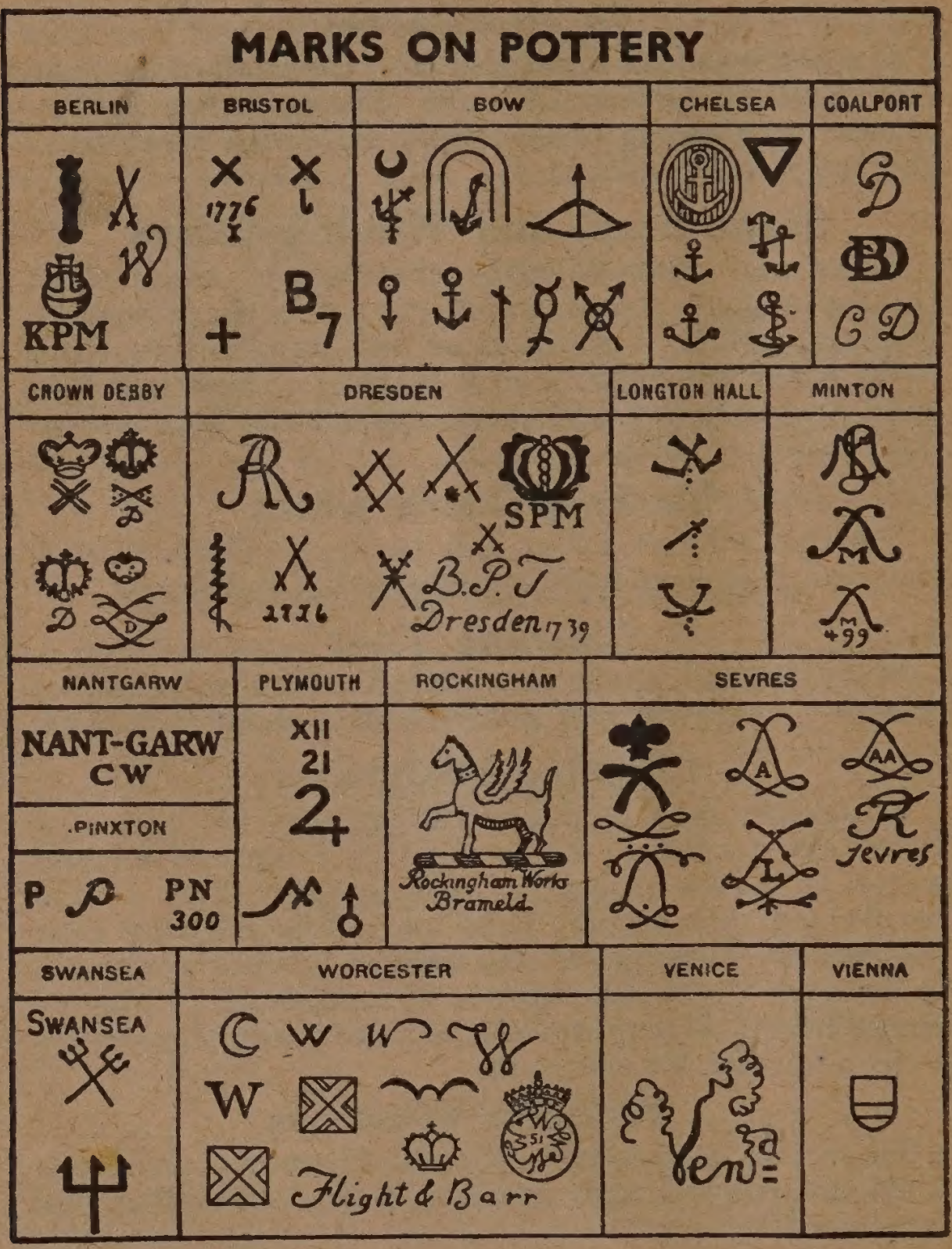
Cleaning Wallpaper

Wallpaper may be cleaned by mixing one pound of flour, one packet of Hudson's Dry Soap and enough water to make it into a stiff dough. This should be divided into several balls and rubbed lightly over the surface of the paper, taking care to rub evenly and to go over the whole surface systematically. As the dough becomes dirty, turn in so as to obtain constantly a clean surface for the work.

To open Windows

These are sometimes difficult to open, but if the cords are rubbed with Sunlight Soap, the sashes will run smoothly.

MARKS ON POTTERY



LAUNDRY

To wash Artificial Silk

Artificial Silk Underwear or Stockings should be washed with Lux as directed on the Lux packet. They should never be wrung, as this causes "ladders." Rinse thoroughly in three lots of clean lukewarm water. The garments should be squeezed first with the hands and then between two towels, taking care to shake them occasionally when drying. Cover with a thin cloth and iron with a warm iron while damp. If the colours are apt to run use cold or nearly cold suds. Do not iron stockings.

To make Blankets look like new

Blankets should be first washed in a good lather of Sunlight Soap. Choose a breezy day and hang over the line. Beat gently with a carpet beater or old tennis racket while still slightly damp. They should be thoroughly aired before using.

Clothes steeped in blue water

To avoid patchiness of colour, agitate, and turn the articles occasionally.

Clothes to be ironed

Clothes to be ironed can be damped quickly, and sufficiently to give the material the right condition for ironing, if a piece of loofah is used, wrung out of cold water and wiped quickly across the surface of the articles.

Drying Clothes

When drying clothes in winter they often freeze, which makes the drying a much longer process, but this can be prevented by adding a handful of common salt to the rinse water.

Clothes Prop

The clothes prop often makes unsightly holes in the turf, as in most suburban gardens the line is hung across the lawn, but this can be prevented if the lower end of the prop is placed in a small wooden box.

Coffee Stains

Use Omo as directed on the Omo carton.

To wash Crocheted Shawl

Do not lift the shawl out of the suds while washing or it will drop out of shape. Make a good lather with tepid water and Lux. Allow the shawl to soak for a few minutes, then without raising, squeeze between the hands until all dirt is removed, finally pressing it to the bottom of the tub and pouring off the water. The shawl should now be washed a second time in the same way. Rinse twice, always having water of the same temperature, drain as before, pressing out as much water as possible; then carefully spread out flat on a cloth to dry.

To wash Curtains

These should be washed and starched, and while still damp hung up at the windows. After pulling them into shape they will be found to hang much better and keep their position when dry. This prevents shrinking and saves ironing.

Removing Egg Stains

Egg stains can be removed from linen by soaking the stained parts in cold water to which a little Hudson's Soap Powder has been added.

Freshening Coloured Fabrics

Coloured Fabrics which have become dull can be restored to their original brightness by first ridding the article of dust. Then immerse it in a good Sunlight Soap lather and gently squeeze the suds through the fabric. After thoroughly rinsing in clean lukewarm water, dip in water to which powdered alum has been added.

Washing Fine Fabrics

When washing fine fabrics of any kind the soap should not be rubbed on the material. It should be first made into a lather, the articles immersed and the suds gently squeezed through the fabric to remove the dirt. Lux is supreme for washing dainty fabrics.

To keep Handkerchiefs white

Wash with Omo as directed on the Omo packet.

Hanging Clothes to dry

This must be done properly or the water will run to the thick parts, lodge there, and consequently take longer to dry. Everything should be hung up wrong side out by the thickest part, the waist, shoulders, etc.

Removing Ink Stains

Ink stains, especially on coloured materials, can be removed by mixing fuller's earth and sour milk, which is rubbed carefully over the stain, care being taken to wash out the milk afterwards.

To remove Iron Mould

If the material is held taut over the steam from a kettle and then gently rubbed with a slice of freshly cut lemon, the marks will soon disappear.

Saving Time in Ironing

Use the newly washed sheets as an ironing blanket, under the ironing sheet; they will need no further ironing and certainly not so much airing.

For general ironing, rub the warm iron on a piece of Sunlight Soap, then wipe on a duster, and the ironing will be done smoothly and quickly.

Washing Lace, etc.

Put lace and similar dainty articles inside a bag before washing them to avoid the risk of being torn. No rubbing is necessary, as these articles are seldom very dirty. The best way to clean very delicate lace is to squeeze it through a Lux lather after adding a little blue. When dry, iron with a moderately hot iron between thin cloths placed over a turkish towel. An excellent freshener for black lace will be found by soaking several times in black tea.

Mending Lace Curtains

Lace curtains may be mended almost invisibly by placing a piece of starched lace or net under the hole and then pressing together with a warm iron.

Restoring Whiteness of Linen and Cotton

Boil them in Omo as directed on the Omo carton

To remove Medicine Stains

These can often be removed successfully by covering the part with a paste made by mixing ammonia with fuller's earth. After leaving it to dry wash in cold water, then wash with Omo as directed on packet.

Renovating Neckties

After taking out the interlining, lay the tie on a flat surface and scrub carefully with a fairly soft nail brush, using warm water and Lux. Rinse well and when nearly dry press on the wrong side. Then press and replace the interlining.

To wash New Damask Table Linen

New Damask table linen should be washed without soap in cold water before being used. If soiled it must be soaked in cold water for two or three hours to soften the marks, then if washed with a good lather of Sunlight Soap the fibres will be preserved and the colour retained.

New Sheets or Lace Curtains

To take out all the "dressing," these should be soaked overnight in cold water to which two handfuls of Hudson's Soap Powder have been added.

To stiffen Organdie

After washing in a good lather of Sunlight Soap, Organdie can be made to look like new if treated in this way. Take two-pennyworth of powdered gum-arabic and dissolve in a little warm water, then add about two quarts of boiling water. If this solution is used as starch the organdie will be as stiff as when new. If still more stiffness is required, a little starch should be added to the water.

To prevent crushing Press Studs

Press Studs frequently get crushed when blouses and dresses are laundered. This can be prevented and they will be found to "snap" as when new, if they are securely fastened before putting them through the

wringer. Do not wring or twist delicate fabrics or artificial silks.

Removing Scorch Marks

If a scorch is made when ironing linen, rub over the mark with a slice of freshly cut lemon, then damp and iron under a cloth until dry.

Ironing Silks

After washing, wrap in a cloth until almost dry, then iron on the wrong side with a moderately hot iron, or through a thin cloth on the right side. Iron Shantung twice on the wrong side when quite dry, leaving the garment to cool before pressing the second time.

Restoring Silk Garments

To make a silk garment look like new, add a few lumps of sugar to the rinsing water. Do not wring the garment, but roll up tightly in a clean towel and iron while damp.

To wash Silk Pique

Silk Pique should be washed very carefully and the use of soda should be avoided. Use moderately hot water and Lux. Remove the dirt by squeezing and not rubbing. Rinse twice in warm water and then in cold to clear the colour, but do not blue. When almost dry, iron on the reverse side with a fairly cool iron.

Silk Stockings

These should never be ironed and they will be found to wear much longer.

To dry Soft Collars

Soft collars should be washed with Sunlight Soap. To dry them so that they keep their proper shape,

fasten them by one end to buttons sewn on a strip of calico which is pegged on the line. Iron while slightly damp.

Removing Tea, Coffee and Fruit Stains

Use Omo as directed on the Omo packet.

Cleaning Wash-leather Gloves

Wash-leather gloves can be cleaned with Sunlight Soap without vigorous rubbing if a well-soaped nail-brush is passed lightly several times over the soiled parts. Then rinse thoroughly, pass through a mangle, and hang up to dry. Stretch the fingers gently with an ordinary clothes peg to keep their shape.

Wire Clothes Lines

If given a coat of white enamel these will never get rusty and mark the clothes. A good brand should be used and allowed to dry thoroughly before the clothes are pegged on the line.

To restore Woollen Garments

Woollen garments shrunk by careless washing may be restored in the following way. Use water just hot enough for the hands to bear and make a good lather of Lux, then add a dessertspoonful of ammonia ; immerse the garments in this, and stretch them in each direction as much as possible. Rinse in warm water and after squeezing out well, shake and carefully pull to length and width before hanging out. Press into shape with a hot iron while still damp.

Washing Woollen Socks

Woollen socks should be washed with Lux, well rinsed, and the leg part gently pulled out to shape before hanging in the open to dry.

Wringing

If one does not possess a wringer it is often difficult to wring large articles such as sheets, tablecloths, etc., by hand, but this can be overcome by fixing up in a convenient place, a rod and two extending brackets, similar to those used for roller towels. The clothes are put over this rod and they can then be wrung quite easily by hand.

Care of Wringers

When the rollers are of rubber, great care should be taken not to wring anything that has just come out of boiling water. When using rubber wringers the adjustments should be made so that the rollers just touch. After use loosen the screws so that the rollers do not touch.

If the rollers are very much worn, the life of the machine may be prolonged by stitching round each roller a piece of an old blanket, with a white covering which can easily be removed when dirty. If the rollers become sticky, as they frequently do after wringing flannels, rub with a rag moistened with paraffin and wipe dry.

The cog-wheels should be cleaned occasionally to free them from dust and grease by rubbing with a rag dipped in paraffin, then lubricate with a little machine oil. This should be done once a week, preferably after the washing is finished.

Take care that no oil remains on rubber rollers, as this would cause them to perish.

CARE AND RENOVATION OF CLOTHES

Keeping Clothes free from dust

Clothes that are not worn every day are apt to get dusty when hanging in the wardrobe. A good plan is to slip them into bags, which can be made for next to nothing, from tablecloths that are no longer fit for the table. Fold these in half down the long and one short side, and run a draw string round the top to fit over the hanger.

Removing Grease from Frocks

Do not put frocks away for long periods if they have any spots of grease anywhere, as this encourages moths. The spots may be removed by spreading magnesia powder freely over them. This should be left for an hour, and then removed by brushing lightly with a clean brush, when the stains will have disappeared.

Cleaning White Fur

Mix together equal quantities of whiting and powdered lump ammonia and rub into the fur. Leave for at least a day, then shake out, rub in hot bran, and shake once more.

Cleaning Gloves

Unwashable gloves should be cleaned on the hands by rubbing the soiled parts with a pad of white blotting paper dipped in liquid household ammonia. Go over the whole of the glove in this way, rub with a clean towel, remove from the hands, and hang up to dry.

Mending Gloves

A skin glove is best mended by buttonhole-stitching, not too close together, all round the hole with silk to match, and then picking up the top of every stitch and drawing together. If the hole is large, work a second row of buttonhole-stitch outside the first and then draw up. This method will "give" to the hand and not tear out again.

Good Taste in Clothes

First choose the colour which is most becoming to you and try to stick to varieties of this colour. Bear in mind your type, the lines of your figure, your colour and shape of your head; also try to accentuate your individuality by planning and choosing the clothes which suit you best.

When in doubt what to wear err on the side of smart simplicity, choose neither exaggerated models nor clothes that lack distinction.

Accessories are a most important point, and can improve or mar your appearance; they are not an extravagance, but an essential part of your costume, and it is wise to own one smart ensemble which is correct in every detail.

Remember that it is not only what you wear, but how you wear it that counts. Never buy in a hurry; think carefully beforehand, and always try and look as well turned out in every detail as possible.

Mending Knitted Garments

With some wool to match the garment, darn strands loosely across the rent on the wrong side, then work chain stitch up the darned threads with a crochet hook, picking up only one thread at a time.

Preventing "Ladders"

If a hole appears in a stocking, take a piece of Sunlight Soap, damp it and rub on the place where the threads are broken ; this will prevent the stitches running into ladders.

Cleaning Mackintoshes

Make a good lather with Sunlight Soap in a bucketful of warm water. Lay the garment flat on a table and with a stiff scrubbing brush apply the suds, beginning at the front, and working completely round ; taking particular notice of the parts which get soiled most, collar, sleeves, round pockets, etc. The inside should be treated in a similar manner.

The rinsing must be done quickly, and several waters will be necessary ; the first two at least should be lukewarm, and some soda must be added to these to help remove the soap. It is most essential to do this, or the mackintosh will have a very dingy and streaked appearance. Wring out by hand, turn the pockets inside out, and hang in a cool place to dry. Heat must never be used to dry rubber goods, and they must not be hung in direct sunlight.

Remedy for Tight Shoes

If a shoe is tight, dip a cloth in hot water and lay it across the part while it is being worn. Do this several times and the moist heat will cause the leather to shape itself to the foot.

Renovating Shoes

Black satin shoes may be renovated by gently applying some diluted methylated spirit with a sponge, taking care to keep the right way of the fabric, then gently rub with a piece of old silk.

Re-staining Shoes

The toes and sides of children's brown shoes frequently get rubbed. They can be improved if the parts are painted with iodine before being polished in the ordinary way.

Care of Stockings

It is advisable, when putting on stockings, to turn them inside out, with the exception of the feet, then put on carefully.

Mending Children's Stockings

Quite large holes are often made in the knees and heels of children's stockings. A successful way of mending these is to cut a piece of black net slightly larger than the hole, rub out any stiffness with the hands, and tack it to the wrong side of the stocking. Darn in and out of the net both ways until the hole is covered, when it will be much stronger than if darned in the usual way.

Mending Umbrella Covers

A tear will be prevented from going further, and will be successfully mended by sticking a piece of black court plaster underneath, and pressing the torn edges firmly on the plaster.

Waterproofing Weather Coat

If the coat is beginning to let water through here and there, spread out on a flat surface and rub the defective parts with a piece of beeswax until a grey effect is secured. Then iron the waxed part with a moderately hot iron, which will melt the wax and cause it to run into the threads of the cloth. Hang up in a cool place for the wax to dry.

COOKERY

Crushing Almonds

These should be blanched by placing in boiling water for a few minutes, when the skins may be easily rubbed off with a clean towel. Keep for several days in a warm place before crushing. They should first be chopped and then crushed in a basin until quite smooth. Add a little lemon juice if oil appears.

To prevent Bananas turning black

Bananas usually turn black when cut up and left for any length of time before being used for a salad or sweet. This will not happen if they are sprinkled with lemon juice, which also improves the flavour.

Making Breadcrumbs quickly

Breadcrumbs are often needed in a hurry. This method makes them quickly and well. Put the soft part of a stale loaf into a muslin bag and tie it at the top. Rub the bag firmly with the hands until the crumbs are fine enough.

Keeping Cakes fresh

Cakes will keep fresh if a piece of bread is kept in the cake tin.

To prevent Cakes browning too quickly

Damp the paper before putting it over the cake to keep it from browning, and it will be found much more effective. Another method is to use greased paper.

Cleaning Celery

This should be scrubbed in hot water to rid it of grit and dirt. Then stand it root downwards in cold

water for a while before serving, to make it thoroughly crisp. If the tops are slit down for two or three inches with a sharp knife they will curl.

Cooking a Chop

First place the chop in a cullender and pour boiling water over it. Then put it under the grill, being very careful to see that it is not pricked when turned over. In this way all nutritive juices should be retained.

Substitute for Cream

The white of an egg should be beaten to a froth and a small piece of butter added before beating again thoroughly.

Making Custard

This will not turn " watery " if the eggs are beaten with milk that is slightly warm, and will not curdle if stirred over hot water till it thickens. Do not allow it to boil.

Preserving Eggs

Smear the eggs with Lever's Glycerine the same day as they are laid, and they will remain fresh and milky for many weeks. No special packing is required, but it is advisable to keep the small end up.

Whisking Eggs

Whisking eggs is often very tiring; this is usually caused by a wrong motion of the arm. Do not use the whole arm, always whisk from the elbow. Add a pinch of salt.

Substitute for Eggs

When eggs are scarce in making a cake, a tablespoonful of vinegar is a useful substitute. A thin flour and water batter does quite well instead of beaten egg for "egging and crumbing." Treacle and milk can be used as "binding" for many steamed puddings. Scrambled eggs will go much further if a spoonful or so of fine white breadcrumbs are added.

Bottling Fruit

Fruit can be bottled more tightly and satisfactorily if water is put in the bottles first, as the fruit floats into position without being crushed.

To prevent spluttering of Frying Fat, etc.

Frying fat will not splutter if a little flour is sprinkled into it before putting in the food. If fat happens to catch fire, throw on some flour to smother the flames.

Drying Herbs

They should be thoroughly washed and as much moisture as possible shaken off. Then spread on a clean sheet of blotting paper and dry in a moderate oven, taking care to leave the door open. When quite cool pack in bottles or tins, and seal up.

Substitute for Horseradish

White turnip well grated, mixed with a little mustard and vinegar, and served with beef makes a good substitute for horseradish.

Covering Jam Jars

The jars should be covered while they are hot, with tissue paper dipped into milk. The paper will stick to the tops, tying will be unnecessary, and the covers will be airtight when dry.

To prevent Jam burning

Rub the bottom of the pan inside with olive oil before putting in the ingredients.

Spreading Jam on Sponge Cake

When jam is to be spread on sponge cake it should be warmed. If the jam is thick, a little hot water, well stirred in, will make it an easy consistency for spreading. The airy texture of the sponge would be spoiled if cold jam were used.

Testing Cakes with Knife

Before a knife is run into a cake, it should first be dipped into very hot water and then thoroughly dried. A cold knife would make the cake heavy.

To make Meat tender in Pies

Meat is often tough when in a pie. To prevent this, it should be cut up, put in a saucepan and just covered with water. It should then be gently stewed until tender, before putting it in the pie dish; or it may be minced and placed in the dish with slices of hard-boiled eggs. Then the gravy should be poured over before covering with the pastry.

Milk Drink for Invalids

This is good for a sore throat, and can be taken hot or cold. Put in a saucepan two tablespoonfuls of water and eight lumps of sugar. Boil fast and when the liquid turns brown, add half a pint of boiling milk; stir thoroughly.

Keeping Mincemeat

Mincemeat can be made to keep without the addition of brandy or other spirit, if a little extra sugar moistened with vinegar is used.

Distinguishing Mushrooms

To tell the true mushroom one must look out for certain points, such as a pleasant earthy smell, a cap that peels off readily, flesh which does not change colour when bruised or broken. The "gills" on the underside in the young specimen should be pale pink in colour, pinkish brown at a later stage, and black when fully ripe. When in this last condition it is not really wholesome, and is frequently infested with maggots. Another observation to be made is that some remains of the membrane which covered the gills in the early stage of growth, and which bursts as the mushroom emerges from the button stage, are always left adhering to the stalk. The fungus is only genuine when all these features are found together.

Horse mushrooms which turn yellow on being bruised are not poisonous, and belong to the same family as the common edible species. They are much coarser than the ordinary mushroom, and make excellent ketchup and flavouring, but are not fit to eat in the ordinary way.

Mixing Mustard

Use milk instead of water when mixing mustard and the spoon will not turn black, but, of course, made in this way it will not keep very long.

Removing Seeds from Mustard and Cress

Stand a cullender containing the mustard and cress in a bowl, turn the tap on it, and the seeds will be washed over the sides of the bowl.

Peeling Onions

No discomfort will be felt in peeling onions if this is done immediately after boiling water has been poured over them.

To Keep Pastry

If pastry is to be kept for any length of time do not use baking powder, but increase the quantity of fat. This will prevent it from becoming too dry.

Improving Flavour of Puddings

Add about a tablespoonful of marmalade to any boiled puddings, such as sultana, college, fig or bread. This improves the flavour and makes the use of candied peel unnecessary.

Tying-up Puddings

When tying-up a pudding, first pour boiling water over the cloth and cover the inside thickly with flour. Then be sure you put a pleat in the top of the cloth; this will open out as the pudding swells, and so prevent the cloth from splitting and the water getting to the mixture. A good plan is to use a greased jam jar for cooking your roly-poly, care being taken to allow for expansion of the pudding.

Spreading Sandwich Filling

If the sandwich filling is made of paste or minced meat, mix in a little butter before spreading on the slices of bread, and it will go twice as far.

Keeping Sauce Warm

Sauce can be kept warm without forming a skin by standing the vessel containing it in a larger one filled with hot water, and keeping the lid on.

Lifting Saucepan Lids

One's fingers often get burnt in lifting saucepan lids, but this can be prevented if the lids are lifted with a clip-on clothes peg, several of which should be kept handy.

Use SUNLIGHT SOAP for washing all clothes

To prevent Sausages splitting

Dip the sausages in milk, and roll them in flour before frying. If very little fat is used they will not split.

Cleaning Sieves

If these are used for dry ingredients, washing is not necessary every time after use; they can be cleaned quite well by brushing with a dry brush. If, however, the sieve is washed, it must be perfectly dry before putting away, or the mesh will become clogged and the edges will rust.

To keep Teapot fresh

A lump of sugar put inside the teapot will keep it fresh and free from mustiness.

To Skin Tomatoes

Place in boiling water for a few minutes and the skins will be quite easy to remove.

Freshening Vegetables

If vegetables have become stale or frostbitten, they can be freshened by soaking in very cold water, to which a teaspoonful of bicarbonate of soda has been added, for two or three hours before cooking.

Keeping Vegetables white

Put two lumps of sugar into the water in which cauliflower, artichokes, seakale, etc., are cooked, and the vegetables will then remain white.

Making light Yorkshire Pudding

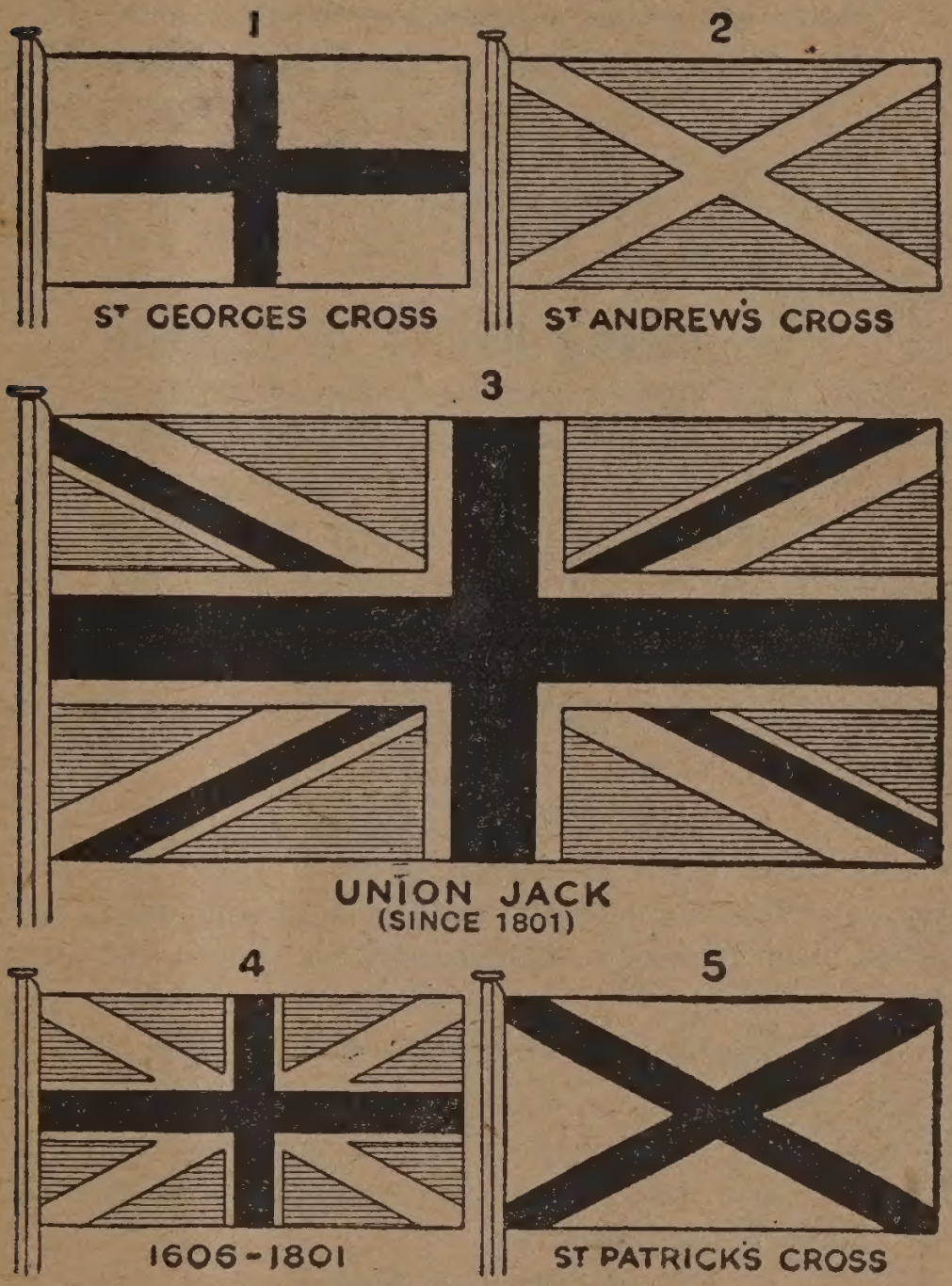
No baking powder should be used; the pudding is mixed with half water and half milk, and the batter poured in a tin in which the fat is boiling.

VITAMIN VALUES OF FOODS COMPARED

	Vitamins			
	A.	B.	C.	D.
Butter	2	—	—	—
Cheese (curds)	1	1	—	—
Cod liver oil	2	—	—	2
Fish (herrings fresh or cured) ...	2	1	—	2
Liver, kidneys	2	1	1	—
Meat (fresh)	1	1	1	—
Milk (fresh and unseparated) ...	1	2	1	—
Yolk of egg	1	1	—	1
Asparagus, rhubarb	—	1	2	—
Berries, apples, plums, bananas, black cherries	1	1	1	—
Lettuce, green cabbage, spinach, carrots	3	2	3	—
Mushrooms	1	1	—	—
Pears, apricots, peaches, cherries	1	1	2	—
Potatoes (including skin) ...	1	1	1	—
Pulses : peas, lentils, beans ...	—	2	3	—
Red and white cabbage, kale, turnip, radish	—	1	3	—
Rice (unpolished)	—	2	—	—
Rye flour, wheatflour, cornflour	—	—	—	—
Tomatoes, oranges, lemons ...	2	2	3	—
Walnuts	2	1	—	—
White bread, cakes, biscuits ...	—	—	—	—
Wholemeal bread	—	2	—	—
Yeast	—	3	—	—

SUNLIGHT SOAP makes linens white

THE UNION JACK AND ITS STORY



Use SUNLIGHT SOAP for well-laundered linen

HOME DRESSMAKING

How to cut Chiffon and other fine fabrics

Difficulty is often experienced in cutting flimsy materials such as chiffon, georgette, ninon, etc. This can be overcome and the material cut perfectly straight, if a piece of paper is pinned underneath and both are cut together.

Preventing Knots in Cotton

Thread the needle before the cotton is broken from the reel, when it will work smoothly without getting into knots.

Threading Darning Needles

Make a loop by placing together the two cut ends of a piece of cotton, and pass the wool through the loop. The needle can then be easily threaded with the two ends of cotton, and the wool pulled through without any further trouble.

Mending Linen

When new linen is being hemstitched or the sides straightened, save the threads you draw, and they will be found extremely useful when linen or damask needs mending.

Keeping Scissors Handy

Small scissors have a habit of getting mislaid when using the sewing machine. They will always be handy if tied to a tape, the other end of which is secured to the bar of the sewing machine.

Sharpening Scissors

Take a small bottle and work the scissors as though you were trying to cut the neck off the bottle, and you will find the scissors much sharper.

BEAUTY NOTES

Beautifying the Arms

Some girls are often worried by "goose-flesh" on the upper arm which can be very disfiguring when evening dress is worn. This trouble is effectively cured by smearing a wet loofah with Lux Toilet Soap and scrubbing the arms briskly until the skin is glowing and red. Then rinse in warm water, dry, and rub into the skin a little cold cream which will remove any soreness. If this treatment is persevered with for several days, a marked improvement will be effected.

Care of Eyebrows

Nowadays women realise that well-trained eyebrows are an asset to the appearance. They should be carefully studied in the mirror and quite possibly the appearance could be improved by their being a little finer and more definitely shaped. A little Vinolia Cold Cream should first be smeared on the eyebrows, in the direction they grow; then with a pair of tweezers pull out any hairs which mar the perfect line. There is practically no pain in this method, and a considerable difference can be made to the expression if straggling eyebrows are tidied up in this way. If thinning out is not desired, a great improvement can be made by using olive oil and an eyebrow brush; this strengthens and darkens the eyebrows and gives them a most becoming gloss

Care of Eyes

No woman can be plain if she possesses beautiful eyes, but care must be taken of them. If they are

strained and tired by being exposed to strong wind, bathe them at once with warm water in which a teaspoonful of boracic acid has been dissolved. Then pat them dry, and if possible, lie in a darkened room for a short while, placing a pad of cotton wool soaked in the boracic lotion on the closed eyelids. The lashes are improved by rubbing a little Vinolia Cold Cream into the roots at night; the top lashes should be stroked upwards and the lower ones downwards, which will promote a delightful curve. This treatment will make them glossy and give a well-groomed appearance.

Cleansing the Face

A cloth or sponge should not be used to wash the face. Use warm water and Lux Toilet Soap. Soap the hands and give the face a light massage. When the skin has been completely cleansed, rinse off all traces of soap and again rinse in cold water. Dry with a soft towel, rubbing lightly, and always in an upward and outward direction. Water should never be allowed to dry on the skin, as this makes it rough and sallow, and wrinkles will form quickly.

Washing the Hair

When washing your hair, make a good lather with Lux—a tablespoonful to a pint of warm water. Never rinse by plunging the head into the water, as this has the effect of driving the soap back into the hair. Always pour warm water on to the head and the Lux will be thoroughly rinsed out.

Hot Water as a Beautifier

If taken internally hot water is a great aid to beauty. Sipped regularly every night before going to bed it will

often cure sleeplessness, improve a dull sallow complexion, cure a red nose, and remove spots and blotches from the skin. If a pinch of salt is added to a glass of hot water and taken as soon as a sick headache begins, it will prove an efficient remedy.

Benefits of Lemon Juice

Lemon juice is invaluable in many instances. A discoloured neck can be whitened by rubbing with a slice of freshly cut lemon. The juice should be allowed to dry on the skin and then washed off with warm water.

A little lemon juice gently massaged on the nose and cheeks where red veins have appeared will be most beneficial. Puffiness under the eyes should be treated by tapping lemon juice very gently into the skin. Finger nails can be bleached and cuticle softened by using a slice of lemon, while stains on the hands can usually be removed by rubbing with the juice.

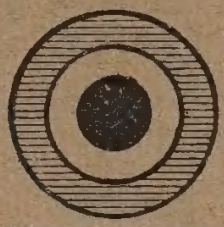
A good way to clear the complexion is to take for a week or two, after every meal, a teaspoonful of pure olive oil with a few drops of lemon juice in it. Every morning on rising, a glass of water to which the juice of a lemon has been added should be taken.

Meals for Beauty

Meat, sweets, and pastries are all very heating to the blood, and to keep free from spots and blemishes these must be taken in moderation. A large part of the menu should consist of fruit and fresh vegetables. Brown bread is better than white, unless the latter is toasted. Nuts are very beneficial, but these must be thoroughly masticated or indigestion will result. Vegetable soup is especially good, as it supplies the vegetable salts which are so necessary.

AEROPLANE DISTINGUISHING MARKS

(MILITARY)



GREAT BRITAIN

U.S.A.

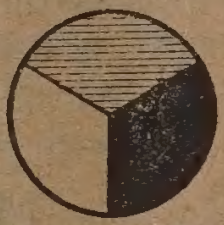
FRANCE

HOLLAND

SPAIN

RUMANIA

DENMARK



CZECHOSLOVAKIA

FINLAND

GREECE

White Red Blue Yellow

SUNLIGHT SOAP makes clothes last longer

FIRST AID NOTES

Mosquito or Gnat Bites

The bites should not be rubbed; apply Sunlight Soap and vinegar by dabbing the punctures. If severe, the bites should be painted with a mixture of equal parts of iodine and glycerine twice a day, when no discolouration will result.

Bruises and Bumps

Something cold, for instance a mirror, should be held to the bump for a minute or two, then apply a little butter. If the bruise is near the eye, keep covered with boracic lint wrung out of hot water, and bandage, or use an eye shield.

Burns

Bathe the affected parts with cotton wool dipped in carron oil, cover with more cotton wool, and lightly bandage.

Chill

When a chill is contracted, the feet should first be put in a footbath containing a tablespoonful of mustard and the knees covered with a large towel. Then put the patient to bed and give hot drinks of gruel or milk; two grains of quinine would be beneficial.

Clothes on Fire

If a person's clothes catch fire, lay the patient flat with the flames uppermost, smother the flame with a coat or rug, and saturate the clothes with water. The clothing should then be carefully removed by cutting with scissors. Apply oil, as for burns, and keep patient quiet. Give a warm drink and send for the doctor.

Colds and Catarrh

Add a teaspoonful of Friar's Balsam to a jug of boiling water, wrap a towel round the jug, leaving an opening at the top, and inhale the steam. The nose should be douched with warm water to which a little borax has been added. Sprinkle eucalyptus oil on the pillow and handkerchief. If the cold settles on the chest, rub with camphorated oil.

Cuts and Grazes

The affected parts should be thoroughly washed with a solution of one teaspoonful of iodine to a pint of water, then bandage if necessary.

Foreign Substance in Ear

Hold head on one side and the foreign substance may drop out, but on no account probe, syringe, or rub. When an insect has entered the ear, pour in oil ; if this fails, a doctor must be consulted.

If the foreign substance is under the lower eyelid, draw down the lid and remove with the moistened corner of a handkerchief, but if under the upper lid, pull the lid out and down over the lower one. When this fails turn lid back over an orange stick or match, and remove the irritant.

Earache

A teaspoonful of warm Lever's Glycerine poured into the ear will alleviate the pain. Plug with a small pad of cotton wool and cover with a hot flannel.

Inflamed Eyes

Dissolve one heaped teaspoonful of boracic powder in half a pint of warm water. Great relief will be obtained by bathing eyes which are inflamed and sore in this lotion.

Fainting

Keep the patient lying down, with the head flat and feet raised ; the face should be flicked with a wet towel and smelling salts applied to nostrils. As soon as the patient has recovered sufficiently to swallow, give warm drink, cover over, and keep resting for a while.

Removing Tight Ring from Finger

Hold the arm and hand in a vertical position, and wind a thin piece of tape spirally from the tip of the finger to the ring. Pass the end of the tape under the ring, wet the finger and put soap around the ring ; then unwind the tape from this latter end, and the ring will come off quite easily.

Bilious Headache

Take a dessertspoonful of Epsom Salts in a tumblerful of warm water and allow an hour or so to elapse, then have a hot cup of tea. Light diet should be adhered to for a day or so.

Nervous Headache

Rest in bed with hot flannels to back of neck and a hot water bottle to feet. Take a tabloid of phenacetin and caffeine, but one must be specially careful not to make a habit of resorting to these drugs.

Iodine

Iodine is an invaluable antiseptic, and should be kept in every household. If it is promptly painted on a wound and the surrounding parts, after-dangers are considerably minimised. The injured part should then be dusted with boracic powder and covered with a clean dry dressing.

To Take Medicine

Some medicines, especially those containing iron, stain the teeth. This can be prevented by taking the liquid through a glass tube, or a straw ; failing this a stick of macaroni will be found to be quite practical.

Nose Bleeding

The patient should sit erect over a basin, the clothing loosened, and a cold sponge held to the back of the neck. Apply warmth to the extremities.

Foreign Substance in Nose

Blow nose violently, induce sneezing by pepper or snuff, but on no account probe or rub.

Rheumatism

If temperature is high the patient should be put to bed between blankets, and a doctor consulted. Massage rheumatic joints with a liniment of harts-horn and oil, cover with cotton wool, and bandage.

Scalds

The scalded parts should be plunged into a basin of warm water in which a teaspoonful of bicarbonate of soda has been dissolved. Apply lint soaked in a solution of picric acid to the injured part, then wrap it in cotton wool and lightly bandage. The patient should be put to bed with hot water bottles and given a warm drink.

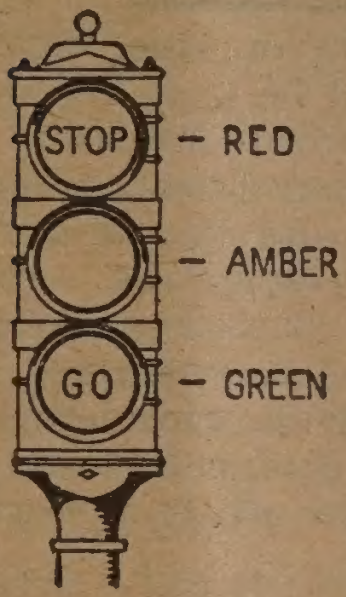
Skin Eruptions

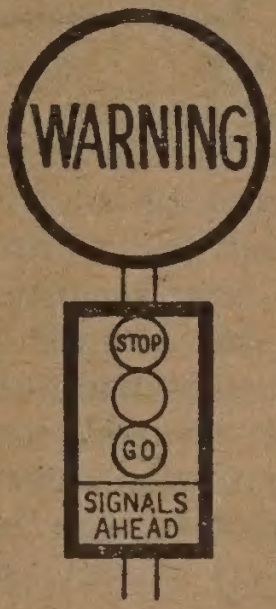
Most skin eruptions and chapped hands or cracked lips can be cured by applying boracic or zinc ointment.

Wasp or Bee Stings

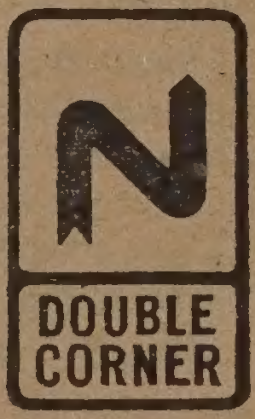
A wet bluebag or a paste of whiting and vinegar should be applied immediately to a wasp or bee sting, and swelling and discomfort will be prevented.

AUTOMATIC TRAFFIC SIGNALS





ROAD SIGNS



GARDENING NOTES

January. The weather being favourable, digging, manuring and any trenching should be done. Garden walks should be put in order, any worn surfaces in the paths must be re-gravelled and rolled down after wet, flower borders should be made and renewed, and edgings now require thinning and replanting. Bulbs may be put out for late blooming. Potatoes and peas should be planted in frames. Fuchsias trimmed and repotted. Seeds may now be given consideration; think carefully over your orders, keep a look-out for new varieties, but at the same time do not overlook old proved favourites.

February. Hoeing cannot be done too often, especially on a dry sunny day. Sow in hot-beds broad-beans, kidney-beans, cauliflower, and other tender vegetables. Transplant autumn sown onions. Roses will benefit by being well manured, but do not prune unless very early blooming is desired. Pot herbs should be sown towards the end of the month. Early carrots, radishes, and lettuces can be sown very thinly in a well sheltered place; and at this time the main crop of parsnips and onions may be divided and put into frames that are sheltered from frost.

March. Trees and hedges should be trimmed. Sow hardy annuals in beds. Plant early potatoes in a sheltered spot. Weeds will now begin to appear, so hoeing will be necessary. Roses should be pruned in the usual way, providing the weather is favourable. Greenhouse plants will need more watering.

April. Lawns now need attention, renew with fresh

seed, mow and roll. Keep hoe going. Pansies, hollyhocks, carnations, stocks, calceolarias should be transplated. "Stick" peas and sow vegetables for the autumn. Greenhouse plants should be cleaned and well watered and insecticide used where necessary.

May. Sow dwarf French beans and runner beans and the main crop of beet. Broccoli should be put in now for winter use. Bulbs should be cleared out. Skill and taste must be shown in setting out the flower garden for the summer display, but care should be taken to allow plenty of room for development. It is time to transplant cabbages, carrots, and onions. Repot any plants in the house, and train climbers.

June. The ground should be stirred and plants well watered, taking care to do this when the sun is not on the latter. Continue to weed and hoe and put litter on strawberry beds. Tomatoes and marrows when first grown under glass, can now be planted out. Flowers should be thinned out and the stems staked. Spray rose trees to kill the green fly, but do this in the evening only.

July. Earwigs must be trapped, and wire-worms may be caught by placing pieces of potato below the surface of the soil. Weed paths. Gather vegetables when they are ready, dig new potatoes and sow turnips in their place. Trench and plant celery. Cleanse fruit trees and bushes from insects. Keep greenhouse well ventilated.

August. Watering and weeding must be done daily. Pick seed-pods from annuals. Sow winter spinach, and plant daffodils and snowdrops. Prune evergreens and trim edgings.

Every bar of SUNLIGHT SOAP is absolutely pure

September. Beds and lawns must be cleaned of fallen leaves daily. Tie up dahlias. Dig potatoes, lift onions and leave to dry in the sun, and pick tomatoes. Thin out spinach and transplant lettuce for winter cutting. If apples are to be kept they should be allowed to hang as long as possible and then be carefully stored in a dry place. Greenhouses should be overhauled before filling up for the winter.

October. Weeding must be continued. Remove all flowers and plants that are over, and thoroughly fork the ground. See that every greenhouse plant is free from green-fly and other pests. Potatoes, carrots and parsnips, should be stored, and the ground well dug and manured. Plant primroses, wallflowers, etc. now, if they are to be a pleasure in the spring. All fruit must be gathered, and should be handled most carefully in sorting and storing. Tomatoes are now ready to be pulled up before hanging in a dry room to ripen fruit.

November. After the fallen leaves have been swept away, the lawns should be rolled and then left for fresh grass to grow. Digging and manuring are essential at this time. All garden refuse, dead leaves, plant stalks, and accumulated rubbish, should be burnt. Currant and gooseberry bushes now require pruning. Cover rhubarb with litter and earth-up celery. Hyacinths and tulips should be planted and roses transplanted.

December. Protect plants from frost. Roll grass if not too frosty, and do any turfing required during this month. Trenching and manuring may be done in dry weather. Everything unsightly should be cleared from the garden.

SUNLIGHT SOAP lightens the weekly wash

WEATHER WISDOM

Rain before seven,
Fine at eleven.

If you wait till after two,
You'll see what the day will do.

Red sky at night is the shepherd's delight,
Red sky in the morning is the shepherd's warning.

Ice in November enough to bear a duck
All the coming winter will be mud and muck.

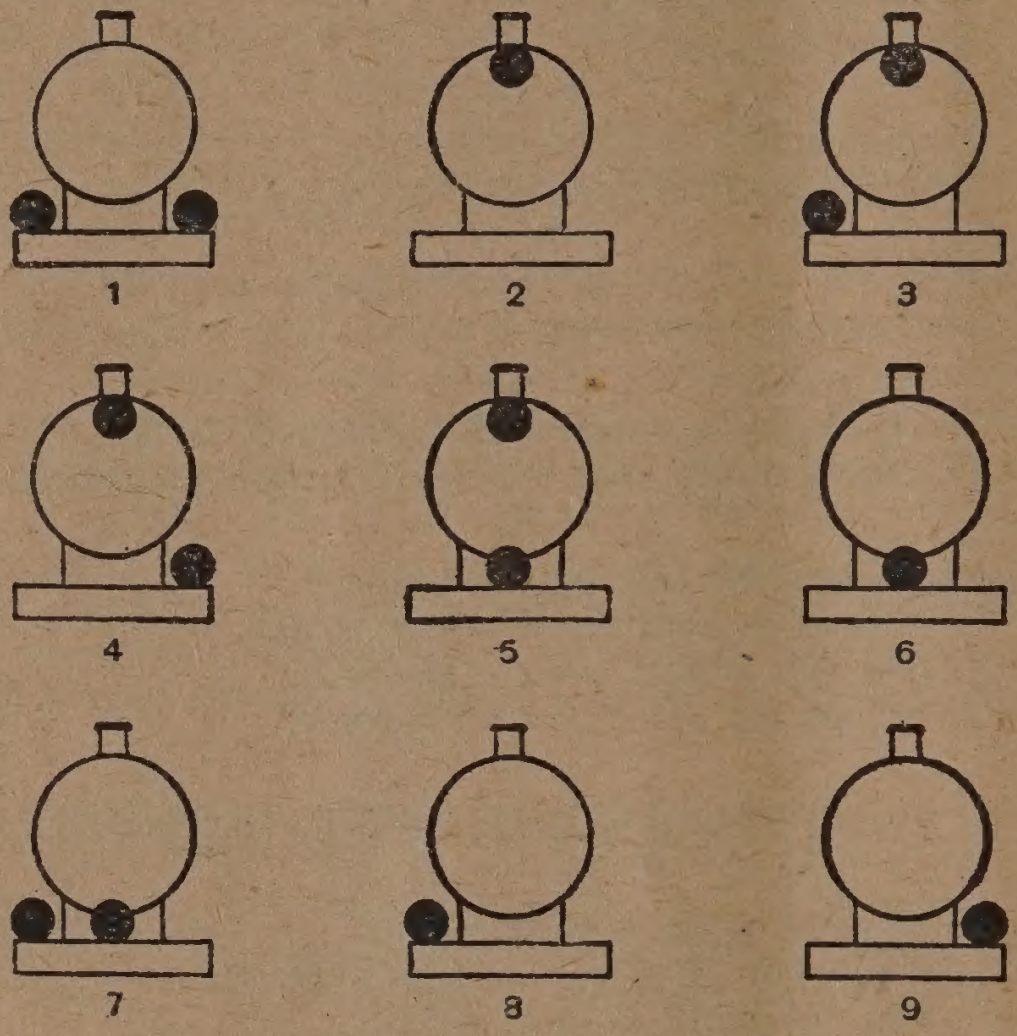
If the oak be out before the ash
It shows we will have but a splash,
If the ash be out before the oak,
It shows we will have all a soak.

A green Christmas makes a full churchyard.

When the wind is in the east,
'Tis neither good for man nor beast.
When the wind is in the north,
The skilful fisher goes not forth.
When the wind is in the south,
It blows bait in the fishes' mouth.
When the wind is in the west,
Then it is the very best.

September mild, October gold,
Are followed by November cold.

WHAT LAMPS ON ENGINES MEAN



1. Express Passenger Train, Breakdown Train, or Light Engine in case of accident.
2. Ordinary Passenger or 'Mixed' Train.
3. Fish, Meat, Fruit, Milk and other Perishable Goods and Live Stock, or Train of Empty Passenger Coaches.
4 & 5. Express Cattle or Goods Train.
6. Light Engine or Engines, or Engine and Brake Van.
7. Through Goods, Mineral or Ballast Train.
8. Through Goods, Mineral or Ballast Train with intermediate stops.
9. Ordinary Stopping Goods or Mineral Train.

CARE OF PETS

Dogs

Whether dogs are kept as pets or for sport, they are excellent companions, and deserve all the care it is possible to give them. The majority of owners keep their dog as a guard ; in which case it is most necessary for him to be allowed the run of the house, especially at night, where he will be of much more service than if outside in a kennel. A sleeping place should be provided and, if possible raised from the floor away from draughts. An old cushion or rug placed in a basket or box, or even on a chair, would do admirably ; but whatever bedding is used it should be shaken daily and exposed to the air. A cushion may be covered with some cheap cotton material which is easily washed.

A good daily grooming is necessary and is much enjoyed by the recipient ; generally speaking, brushing is more beneficial than combing, special brushes being bought for special breeds. This should be done regularly if the dog's coat is to be kept in good condition. Periodical baths with Sunlight Soap should also be given.

Food is an important item. An adult dog only requires two meals a day, a light one in the morning of hard dry biscuits, and a more substantial one in the early evening. The diet should be varied, and should consist of cooked lean meat, fish free from bones, some good brand of meal, boiled rice, vegetables, but not too many potatoes, biscuit dry or broken up and mixed with gravy. Large bones should be provided at the end of a meal, but never poultry or rabbit bones, as these splinter and would stick in the throat.

Meals should be given at regular intervals and all food vessels must be kept scrupulously clean. Drinking water should be changed at least twice a day.

Puppies require great care with regard to feeding, as it often happens that they leave their mother and go straight to their new home. Weaning time is when they are seven weeks old, and the change from the mother's milk to a more substantial diet is often very upsetting; therefore the utmost care must be taken to keep them on milk food for a time. Lactol is a prepared milk made especially for puppies, but any of the better known baby foods would be good. Five or six meals a day should be given for the first few weeks, when they may be reduced as more sustaining food is provided. Puppies should not be fed with vegetables, as these have a tendency to promote flatulence. No dog should be fed from the table, and on no account allow it to take tit-bits from strangers.

A dog must have plenty of exercise to keep him in health, but this should not be given immediately after a meal, or during the heat of the day, and he must not be allowed to enter the water too soon after a meal.

It is essential that he is taught obedience to name and whistle before anything else; about the fourth month is early enough to start training, and the lessons must not be long or the puppy will tire. Indoor manners must be taught, and if the puppy offends he should be shown the soiled place and be put out in disgrace. He must on no account be thrashed, and do not scold again unless the offence is repeated.

The collar and chain will be resisted at first, but if these are put on when there is a prospect of a romp, and the lead is allowed to drag, he will forget all about them. As soon as he learns to obey a call or whistle the lead may be dispensed with, any attempt to break away

being checked by a warning voice ; if this fails, put him on the lead and allow him to make the rest of the journey in disgrace. If properly treated, he will soon learn what is expected of him, and the result will be a well-mannered dog.

Cats

Cats are probably more common as pets than dogs. They are quite hardy, but at the same time require a reasonable amount of care. A cat will curl up and go to sleep almost anywhere, but it is a good plan to provide him with a cushion or blanket in a basket. Some cats prefer sleeping on paper : if so, it can be put on the top of the cushion.

Cats, especially the long-haired variety, need careful brushing, combing is not advisable. A lady's hair-brush does admirably for this purpose. If the coat becomes matted, the knots should be teased out with a large darning needle ; here a comb may be necessary before brushing. This should be done every day, as if neglected the loose fur will be swallowed by the cat and cause fur-balling.

The diet for an adult cat should be varied—meat, fish without bone, table scraps, vegetables or meal mixed with gravy, milk is not advisable after kitten-hood, but water must always be provided and changed at least twice a day. After seven weeks, kittens may be given cow's milk or thin porridge made with milk, or any of the usual baby foods. When three months old, a little minced meat may be provided, and perhaps a little crushed meal mixed with gravy. Like puppies they require a small quantity several times a day.

Cats should be allowed to eat grass whenever possible, this is a natural emetic and prevents the fur from balling when it has been swallowed.

MEMORY RHYMES

THE MONTHS

Thirty days hath September,
April, June, and November,
All the rest have thirty-one,
Excepting February alone
Which has but twenty-eight days clear,
And twenty-nine in each leap-year.

BEES

A swarm of bees in May
Is worth a load of hay ;
A swarm of bees in June
Is worth a silver spoon ;
A swarm of bees in July,
Is not worth a fly.

THE VOWELS

We are little airy creatures,
All of different voice and features ;
One of us in glass is set,
One of us you'll find in jet,
Another you may find in tin ;
And the fourth a box within ;
If my fifth you should pursue,
It can never fly from you.
We are a, e, i, o, u.

THE ZODIAC RHYME

The Ram, the Bull, the Heavenly Twins,
And next the Crab, the Lion shines,
The Virgin, and the Scales,
The Scorpion, Archer, and He-Goat,
The Man that carries the watering-pot,
The Fish with glittering tails.

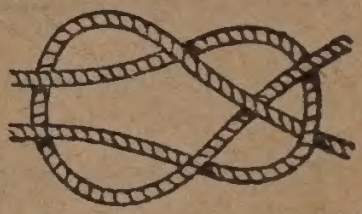
RHYMING CALENDAR

January	Snowy.	July	Moppy.
February	Flowy.	August	Croppy.
March	Blowy.	September	Poppy.
April...	Showery.	October	Breezy.
May	Flowery.	November	Wheezy.
June...	Bowery.	December	Freezy.

SOME SIMPLE KNOTS, BENDS AND HITCHES

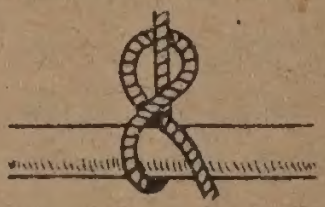
REEF KNOT

GRANNY KNOT

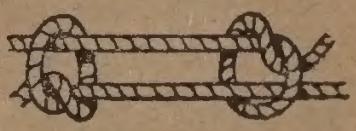


SHEET BEND

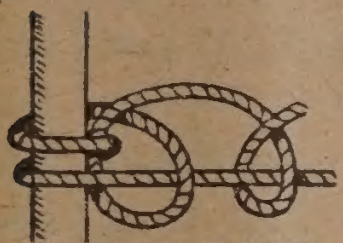
CARRICK BEND



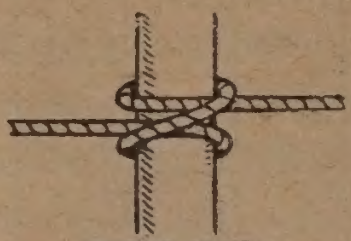
HALF HITCH



FISHERMAN'S KNOT

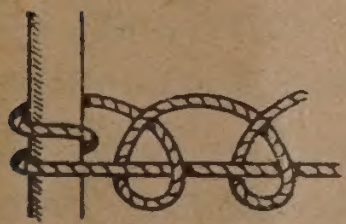


FISHERMAN'S BEND

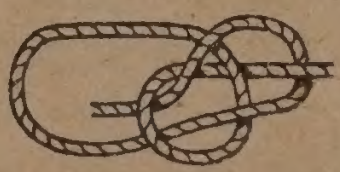


CLOVE HITCH

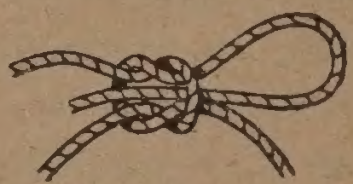
OVERHAND LOOP KNOT



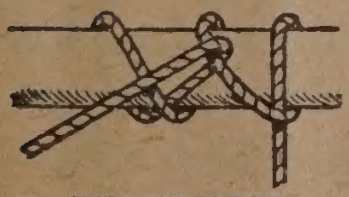
ROUND TURN AND TWO HALF HITCHES



BOWLINE

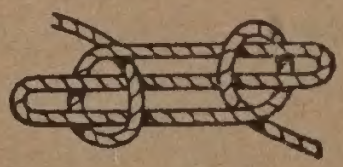


SLIP KNOT



ROLLING HITCH

HALLIARD HITCH



SHEEPSHANK

SUNLIGHT SOAP is full of cleansing power

DISCOUNT TABLE

Per Cent.	1/-	2/-	3/-	4/-	5/-	6/-	7/-	8/-	9/-	10/-
1¼	-/0⅛	-/0¼	-/0½	-/0¾	-/0¾	-/1	-/1	-/1¼	-/1½	-/1½
2½	-/0¼	-/0½	-/1	-/1¼	-/1½	-/1¾	-/2	-/2½	-/2¾	-/3
3¾	-/0½	-/1	-/1½	-/1¾	-/2¼	-/2¾	-/3	-/3½	-/4	-/4½
5	/-0½	-/1	-/2	-/2½	-/3	-/3½	-/4	-/5	-5½	-/6
7½	-/1	-/2	-/2½	-/3½	-/4½	-/5½	-/6½	-/7	-/8	-/9
10	-/1	-/2½	-/3½	-/5	-/6	-/7	-/8½	-/9½	-/11	1/-
12½	-/1½	-/3	-/4½	-/6	-/7½	-/9	-/10½	1/-	1/1½	1/3
15	-/2	-/3½	-/5½	-/7	-/9	-/11	1/0½	1/2½	1/4	1/6
17½	-/2	-/4	-/6	-/8½	-/10½	1/0½	1/2½	1/4½	1/7	1/9
20	-/2½	-/5	-/7	-/9½	1/-	1/2½	1/5	1/7	1/9½	2/-
22½	-/2½	-/5½	-/8	-/11	1/1½	1/4	1/7	1/9½	2/0½	2/3
25	-/3	-/6	-/9	1/-	1/3	1/6	1/9	2/-	2/3½	2/6
27½	-/3½	-/6½	-/10	1/1½	1/4½	1/8	1/11	2/2½	2/5½	2/9
30	-/3½	-/7	-/11	1/2½	1/6	1/9½	2/1	2/5	2/8½	3/-
32½	-/4	-/8	-/11½	1/3½	1/7½	1/11½	2/3½	2/7	2/11	3/3
33⅓	-/4	-/8	1/-	1/4	1/8	2/-	2/4	2/8	3/-	3/4
35	-/4	-/8½	1/0½	1/5	1/9	2/1	2/5½	2/9½	3/2	3/6
37½	-/4½	-/9	1/1½	1/6	1/10½	2/3	2/7½	3/-	3/4½	3/9
40	-/5	-/9½	1/2½	1/7	2/-	2/5	2/9½	3/2½	3/7	4/-
42½	-/5	-/10	1/3½	1/8½	2/1½	2/6½	2/11½	3/5	3/10	4/3
45	-/5½	-/11	1/4	1/9½	2/3	2/8½	3/2	3/7	4/0½	4/6
47½	-/5½	-/11½	1/5	1/11	2/4½	2/10	3/4	3/9½	4/3	4/9
50	-/6	1/-	1/6	2/-	2/6	3/-	3/6	4/-	4/6	5/-

DISCOUNT TABLE

Per Cent.	11 /–	12 /–	13 /–	14 /–	15 /–	16 /–	17 /–	18 /–	19 /–	20 /–
1¼	–/1¾	–/1⅞	–/2	–/2	–/2¼	–/2½	–/2½	–/2¾	–/2⅞	–/3
2½	–/3¼	–/3½	–/4	–/4¼	–/4½	–/4⅞	–/5	–/5½	–/5¾	–/6
3¾	–/5	–/5¼	–/5⅞	–/6¼	–/6¾	–/7	–/7½	–/8	–/8½	–/9
5	–/6½	–/7	–/8	–/8½	–/9	–/9½	–/10	–/11	–/11½	1/–
7½	–/10	–/11	–/11½	1/0½	1/1½	1/2½	1/3½	1/4	1/5	1/6
10	1/1	1/2½	1/3½	1/5	1/6	1/7	1/8½	1/9½	1/11	2/–
12½	1/4½	1/6	1/7½	1/9	1/10½	2/–	2/1½	2/3	2/4½	2/6
15	1/8	1/9½	1/11½	2/1	2/3	2/5	2/6½	2/8½	2/10	3/–
17½	1/11	2/1	2/3½	2/5½	2/7½	2/9½	2/11½	3/1½	3/4	3/6
20	2/2½	2/5	2/7	2/9½	3/–	3/2½	3/5	3/7	3/9½	4/–
22½	2/5½	2/8½	2/11	3/2	3/4½	3/7	3/10	4/0½	4/3½	4/6
25	2/9	3/–	3/3	3/6	3/9	4/–	4/3	4/6	4/9	5/–
27½	3/0½	3/3½	3/7	3/10	4/1½	4/5	4/8	4/11½	5/2½	5/6
30	3/3	3/7	3/11	4/2½	4/6	4/9½	5/1	5/5	5/8½	6/–
32½	3/7	3/11	4/2½	4/6½	4/10½	5/2½	5/6½	5/10	6/2	6/6
33⅓	3/8	4/–	4/4	4/8	5/–	5/4	5/8	6/–	6/4	6/8
35	3/10	4/2½	4/6½	4/11	5/3	5/7	5/11½	6/3½	6/8	7/–
37½	4/1½	4/6	4/10½	5/3	5/7½	6/–	6/4½	6/9	7/2	7/6
40	4/5	4/9½	5/2½	5/7	6/–	6/5	6/9½	7/2½	7/7	8/–
42½	4/9	5/1	5/6½	5/11½	6/4½	6/9½	7/2½	7/8	8/1	8/6
45	4/11½	5/5	5/10	6/3½	6/9	7/2½	7/8	8/1	8/6½	9/–
47½	5/3	5/8½	6/2	6/8	7/1½	7/7	8/1	8/6½	8/9	9/6
50	5/6	6/–	6/6	7/–	7/6	8/–	8/6	9/–	9/6	10/–

INDOOR GAMES FOR CHILDREN

Dumb Crambo

The players separate into two equal parties, one of which goes out of the room. The other chooses a simple word which has several rhymes to it, such as " creep." Then the players outside come in and are told to guess a word rhyming with " leap " ; they must now go out again, decide on a word, perhaps they choose " weep," and as only actions are permissible, they must all enter the room weeping ; in this case they would be met with a chorus of hisses to let them know they were wrong, and would retire to make another guess, suggesting " peep " and so on, until they hit upon the right word " creep," when they would be greeted with clapping. Then the other party takes a turn in going out.

Bib-bob

Bib-bob will amuse a large number of children. Two strings are stretched across a room and to these are attached, by short lengths of string, apples, oranges, sweets or small toys. One child is blindfolded and given a short stick, and with this he is to feel his way to the " bib-bobs " hanging on the lines but on no account touch them with the hands. When one is felt he must try to catch it with his mouth, if successful the eyes are unbandaged and he is allowed to take the article as a prize, then another child is blindfolded and the game goes on. It is a good plan to make a time limit for the endeavours, and the lookers-on may call out " hot " or " cold " as the blindfolded one gets near or away from the bib-bobs.

SUNLIGHT SOAP protects whiteness of linen

Buzz

All players should be seated round the room, and then are told to call their number. The first would call one, the second two, but when seven is reached that player must say "buzz"; then from eight to thirteen the numbers are called again, but fourteen must be "buzz," and for every multiple of seven the word "buzz" must be used. When seventy is reached "buzz buzz" must be called and for seventy-seven "buzz buzz buzz." Anyone who forgets to say "buzz" or "buzz buzz" at the right time must pay a forfeit. The game may be played by any number of persons and may continue round and round as many times as desired.

Consequences

This is a pencil and paper game, and every player is provided with these. At the top of the strip of paper write a boy's name, then turn this portion back and pass the paper to the player on your left, thus everyone has their neighbour's paper, but the top name remains unseen. Now the word "met" is written down and a girl's name is added, this is turned back and passed to the next player as before, and this time the word "at" and the name of a place are written and turned back. Next comes what "he said" and then after turning back and passing write what "she said." Finally write what the consequence of this meeting was and pass once more to your neighbour. The players must now take turns in reading out what is on the paper they hold, the results usually are most amusing. Of course many more suggestions may be added if desired.

SUNLIGHT SOAP means quicker cleansing

FANCY COSTUME SUGGESTIONS

WOMEN

Washing Day.—Bright blue sleeveless print frock. Large white bibless apron. Necklet of small clothes pegs. Light piece of wood fixed on either side of belt at back, reaching some 6 ins. above the head, with string stretched between, from which hang several washed items of doll's clothing. Sunlight Soap Carton round each wrist to form gauntlet cuffs.

Hawaiian Girl.—Hessian bodice, raffia skirt, black woolly wig. Beaded sandals, beads and shells on string round neck, wrists, and ankles. Arms and legs tanned.

Grecian Lady.—Long white robe made of two straight pieces of material joined up the sides and caught with clasps on the shoulders. Girdle at waist and braid crossing bodice. Hair in loose knot at nape of neck. Gold or silver sandals.

Japanese Girl.—Patterned kimono as now worn for dressing wraps, with wide waistband. Hair dressed in knob on top with several flowers fastened in. Embroidered slippers. Yellow complexion. Eyes and eyebrows should be made up to give an upward slanting effect.

MEN

Order of the Bath.—Pyjamas. Bath Room Slippers, Large bath towel over one shoulder and tied under opposite arm. A wire soap holder fixed to right side of chest, containing Lifebuoy tablet. Sponge bag to be carried, decorated with a Lifebuoy Soap Carton. If desired, the towel could be bordered with the slogan "Lifebuoy is more than a good soap; it's a good habit."

Robin Hood.—Green tunic and tights, green felt hat turned up one side with feathers. Bow and arrows in quiver, and hunting horn.

Red Indian.—Natural coloured hessian tunic and trousers, fringed edges and plenty of beads grouped round neck and down front. Moccasins, and black hair (knitting wool could be used), with feathered head-dress. Skin tanned.

Dutchman.—Dark blue double-breasted tight fitting coat, very voluminous high waisted trousers of same material, usually having one or more patches on them, black peaked cap and wooden shoes. Spotted or striped scarf round neck. A pipe should be carried.

Pirate.—Black trousers, white shirt open at the neck. Red waistband and head-scarf. Brass earrings and dagger. A dark tan and blue chin adds to the effect.

CHILDREN

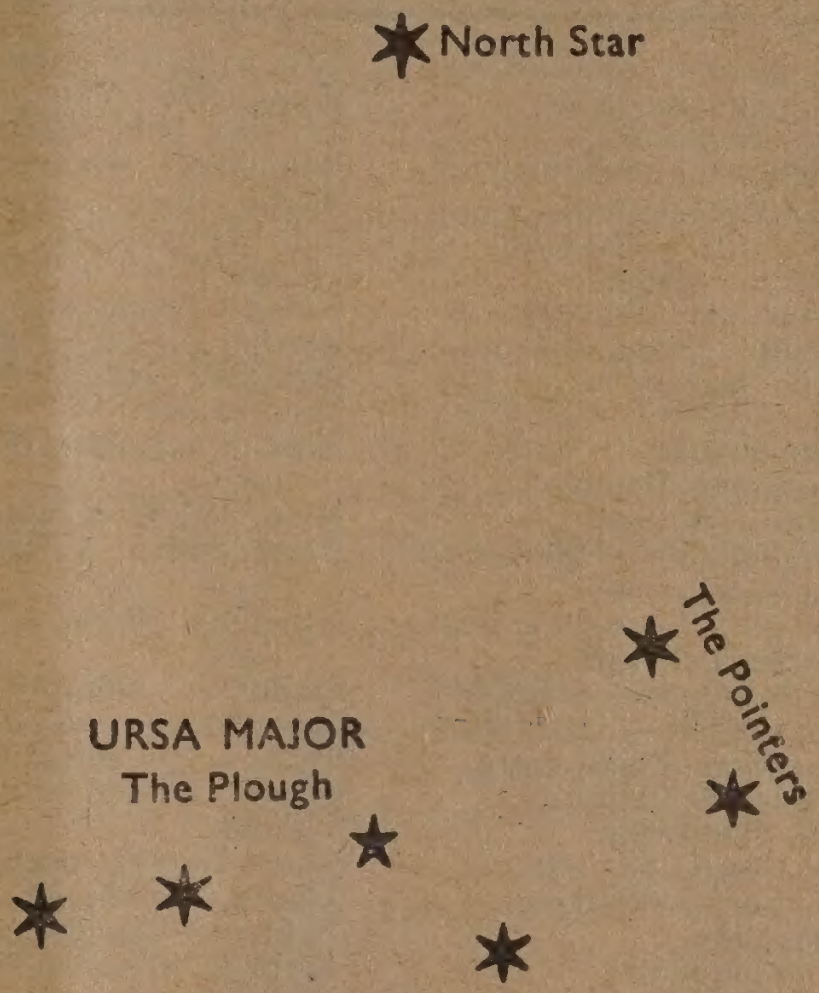
Dick Whittington.—Brown tunic and tights, brown felt hat, stick with bundle tied in red spotted handkerchief. Toy cat.

Bo-Peep.—Long dress with tight bodice and puffed sleeves made of a dainty figured material, black buckled shoes, sun-bonnet, crook.

Most of the foregoing costumes for adults could be adapted for Children's use.

SUNLIGHT SOAP is so economical

HOW TO FIND THE NORTH STAR



Ursa Major (the Great Bear), also known as "The Plough," "Charles's Wain" and the "Dipper," is one of the most conspicuous of the constellations in the Northern Hemisphere. It revolves around the North Star which can be identified as the bright star in line with the two "Pointers," and distant from them about four times their own distance one from the other

LANGUAGE OF THE FLOWERS

Anemone—Soul of Goodness.
Bluebell—True and tender.
Buttercup—Homeliness.
Camelia, white—Loveliness.
Candytuft—Indifference.
Carnation, white—Disdain
China Aster—Variety.
Clover, Four-leaf—Be mine.
Clover, white—Think of me.
Clover, red—Industry.
Columbine—Folly.
Daisy—Innocence.
Daisy, coloured—Beauty.
Dead leaves—Sadness.
Deadly Nightshade—Falsehood.
Fern—Fascination.
Forget-me-not—Forget me not.
Fuchsia, scarlet—Taste.
Geranium Horseshoe—Stupidity.
Geranium, scarlet—Consolation.
Geranium, rose—Preference.
Golden Rod—Be Cautious.
Heliotrope—Devotion.
Hyacinth, white—Loveliness.
Hyacinth, purple—Sorrow.
Ivy—Friendship.
Lily, day—Coquetry.
Lily of the Valley—Unconscious sweetness.
Lily, water—Purity of Heart.
Lily, white—Sweetness.
Mignonette—Your qualities surpass your charms.
Monkshead—Danger is near.
Myrtle—Love.
Oak—Hospitality.
Orange blossoms—Chastity.
Pansy—Thoughts.
Passion Flower—Faith.
Primrose—Inconstancy.
Rose—Love.
Rose, damask—Beauty ever new.
Rose, yellow—Jealousy.
Rose, white—I am worthy of you.
Rosebud, Moss—Confession of love.
Smilax—Constancy.
Snowdrop—Goodness unalloyed.
Straw—Agreement.
Straw, broken—Broken agreement.
Sweet Pea—Depart.
Thistle—Sternness.
Tuberose—Dangerous pleasures.
Verbena—Pray for me.
White Jasmine—Amiability.
Witch Hazel—A spell.
Woodbine—Maternal love.

BIRTH STONES

Garnet—January.
Amethyst—February.
Bloodstone or Jasper—March.
Diamond or Sapphire—April.
Emerald or Carnelian—May.
Agate or Chalcedony—June.
Ruby or Onyx—July.
Sardonyx—August.
Chrysolite—September.
Opal or Beryl—October.
Topaz—November.
Turquoise or Ruby—December.

SUNLIGHT SOAP gives a quicker, whiter wash

THE TRAVELLER

The perfect traveller should be as cool and fresh looking at the end of a journey as at the beginning; but many people fall short of this and arrive at their destination in a state of dishevelled weariness. A little thought and attention paid to details beforehand will go a long way towards having a pleasant and comfortable journey.

One of the most important items is well-chosen travelling clothes. A tweed costume is most suitable, as it will not show the dust, and a small soft well-fitting hat is essential, so that one can rest one's head comfortably. A pair of slippers to wear in the train, if a long journey is made, will be found most comforting. The toilet is the next thing to think about, because however one travels there is always a lot of dust and dirt about. Eau de Cologne is invaluable in overcoming this difficulty, for not only has it a freshening effect, but it is excellent for cleansing the skin from all dust and grime.

Remember that all your clothes and necessary articles should be packed in the minimum amount of space, as usually the smaller the amount of luggage, the less trouble it causes.

If the journey is abroad, the first thing to attend to is the passport; this should be done at least a fortnight before the commencement of the journey, as complications sometimes arise which may take several days to settle. Then see to your ticket and, if one is not used to travelling abroad, consult a travel bureau to find the most convenient route, etc.

It is also necessary to provide at least sufficient change to cover incidental expenses for the journey.

SUNLIGHT SOAP is easy on the clothes

THE CARE OF BICYCLES

How to clean a Chain

After removing the chain from the machine, coil it up and soak in paraffin for 24 hours, after which let it drain and then place in a dish containing melted Russian tallow, which will penetrate to every bearing and ensure smooth running.

To clean Pedal Bearings

Lean the cycle slightly over to one side and insert oil through the lubricating hole while spinning the pedal rapidly so as to force outwards any dirt or grit. Now tilt the machine the other way and insert more oil to lubricate the bearings. It is quite unnecessary to remove the pedals for this purpose.

Acetylene Lamp Burner

Never allow an acetylene lamp burner to burn itself out, or it will carbonise. Always blow it out in the open to avoid smell, and the gas will then pass away unburnt.

To Straighten a Wheel

To detect a false alignment in a wheel, place the machine upside down so that the wheel revolves freely, hold a piece of chalk close to rim, gradually bringing it nearer until it scrapes and marks the rim at the point where it is out of shape. When the tyre and inner tube are removed it will be found that every spoke has a flat head held in position by a small nut. Slacken off the spoke nuts in the portion of the wheel marked by the chalk **on the side where the mark is,** in the first instance by half a turn or so, tightening the nuts on the **opposite** side by about the same

amount. Spin the wheel and apply the chalk test again, until by trial and error the wheel is braced into true alignment again.

Before replacing the tyre care should be taken to see that the spokeheads after tightening do not project so as to injure the tube. To obviate this, file them down slightly, taking care to remove all loose filings.

Punctures

As a temporary measure even a postage stamp or a piece of stamp "edging" will repair a puncture so that the machine will carry one several miles, care being taken not to blow up the inner tube until it is inserted in the outer.

Tyre Repairs

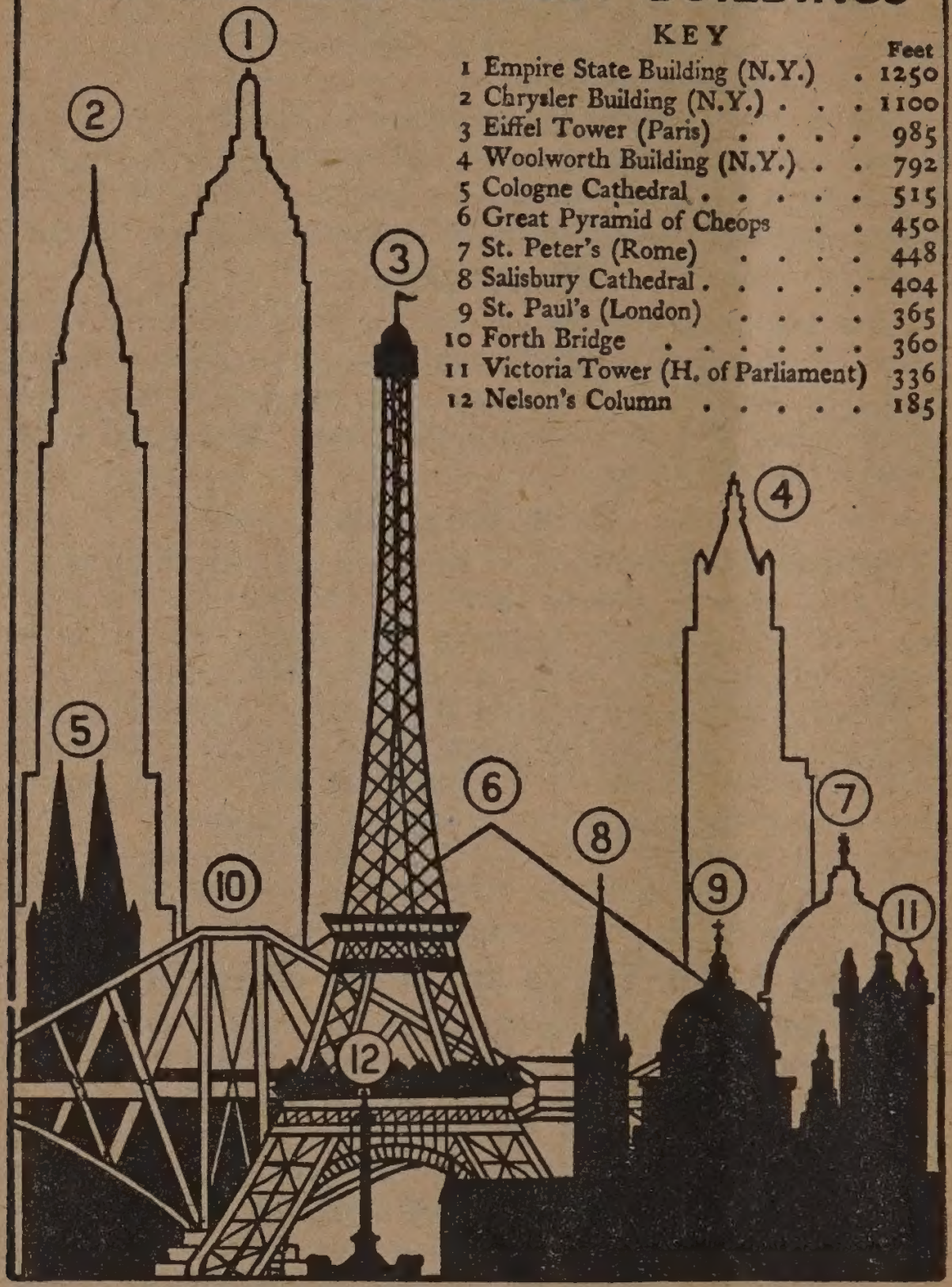
The parts to be joined or repaired should be cleaned and all traces of grease removed, the surface warmed and rubber solution applied, the edges or surfaces being held together with the hands until set.

When a patch is required for a punctured tube, use benzoline to clean the part, which should then be rubbed with glass-paper and the solution spread; then apply the patch (cut to the size required), to the stretched surface. Old patches can be removed by raising a corner and inserting a little benzoline, which softens the cement and releases the patch.

To keep Tyres in good condition

An axiom to be followed is to keep tyres fully inflated when in use, as this prevents chafing against the rims. When not in use a stand is advisable, or it is better still to suspend the machine by slings fastened to two hooks in the ceiling, thus preventing all pressure upon the tyres. Never forget that oil is the worst enemy of rubber.

THE WORLD'S HIGHEST BUILDINGS



KEY

		Feet
1	Empire State Building (N.Y.)	1250
2	Chrysler Building (N.Y.)	1100
3	Eiffel Tower (Paris)	985
4	Woolworth Building (N.Y.)	792
5	Cologne Cathedral	515
6	Great Pyramid of Cheops	450
7	St. Peter's (Rome)	448
8	Salisbury Cathedral	404
9	St. Paul's (London)	365
10	Forth Bridge	360
11	Victoria Tower (H. of Parliament)	336
12	Nelson's Column	185

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